

# Bounce-Back Kids



## What is Resilience?

Resilience means bouncing back and trying again when something is hard!

## Resilience Worksheet

2nd-3rd grade

☐ Circle the words that describe someone who is resilient:

Gives Up

Tries Again

Quits


Keeps Going

Brave

Practices

Lazy

Asks for Help

 Draw a picture of yourself being resilient:

# Resilience Challenge Cards

😊 Read each card. Draw a happy face next to the choices that show resilience.



You're learning to ride a bike and you fall down.

You put the bike away and never try again. \_\_\_\_\_

You take a break, then try again. \_\_\_\_\_

You cry and say bikes are stupid. \_\_\_\_\_



You made a mistake on your math homework.

You erase it and try to solve it again. \_\_\_\_\_

You say "I'm just not good at math." \_\_\_\_\_

You ask your teacher or a friend for help. \_\_\_\_\_



You asked some kids at recess to play, but they said they didn't want to.

You find other friends to play with. \_\_\_\_\_

You never go to recess again. \_\_\_\_\_

You think about a new way to join next time. \_\_\_\_\_

# My Feelings Tool Box

 Different feelings need different tools. Draw a line to match:

## Feelings

When I feel **Frustrated**

When I feel **Nervous**

When I feel **Sad**

When I feel **Angry**


## Tools

Take deep breaths

Count to 10

Do something I enjoy

Talk to a friend

 Write one more feeling and a tool that helps you:

When I feel \_\_\_\_\_ , I can \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Resilience Superheroes

 Write about a time something was hard for you:

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☐ How did you bounce back? Circle all that you did:

- Asked for help
- Tried a different way
- Took a break and tried again
- Practiced more
- Used calming strategies
- Reminded myself I can do hard things

 Draw your "resilience superhero pose" - how you look when you're ready to bounce back:

 Your friend can't figure out a puzzle and wants to quit.  
Write two ways you could help them bounce back:

What could you say to encourage them?

1. _____	2. _____
_____	_____
_____	_____
_____	_____
_____	_____



My Resilience Promise



When something is hard, I will not \_\_\_\_\_

Instead, I will \_\_\_\_\_

I am resilient because \_\_\_\_\_